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Tuesday, May 20, 2008 metronews.ca Vancouver

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Please recycle

Janet Jackson to start tour in Vancouver

Rock Witchu to be the singer's first tour in seven years

By **KRISTEN THOMPSON**
Metro Vancouver

Janet Jackson fans: Circle Sept. 10 on your calendar.

The Grammy and Academy Award-winning pop star announced yesterday her first tour in seven years is kicking off in Vancouver.

Jackson, 42, made the surprise announcement on the Ellen DeGeneres show.

"I can't wait," she said to DeGeneres, adding that she's set up a phone number for fans to call and let her know what songs they'd like to hear.

"I would love to hear a lot of feedback from you guys," she told the audience. "What old song you'd love to hear performed or what new song off Discipline you'd like to hear."

The Rock Witchu tour will support her last two albums, the 2006 CD 20 Y.O. and Discipline, which was released in February.

Jackson has been performing for more 30 years and grew up in the shadow of her famous older brothers, the Jackson Five.

She gained infamy in an alleged wardrobe malfunction — known as "nipplegate" — when Justin Timberlake tore open her top while performing in the halftime show at Super Bowl XXXVIII.

Both Timberlake and Jackson later apologized and "nipplegate" became the most-searched video in Internet history.

» Tickets for the Rock Witchu tour go on sale June 7.

» To request songs for the show call 323-622-8139.

– kristen.thompson@metronews.ca

crowd pleasers

» Janet Jackson also kicked off her last tour, All For You, in Vancouver at GM Place in July 2001.

» The Police, R.E.M. and the Spice Girls are other major performers who chose Vancouver to launch their world tours.

what do you think?

» Let us know by e-mailing us at vancouverletters@metronews.ca

RAFE ARNOTT/METRO VANCOUVER

Free fallin'

Brad Pierce, from Snyder, Texas, gets some hang time during the Bull Riding competition yesterday at the Cloverdale Rodeo. Coverage, page 4.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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local

Ten kinesiology students from the University College of the Fraser Valley have decided to stay in China after they were caught in the recent earthquake. They say they want to maintain the bonds they have formed in the community. METRO VANCOUVER

Citytv

east vancouver

Wandering bear cub to be set free

WILD A black bear cub captured by conservation officers after wandering around an East Vancouver neighbourhood on Saturday night will likely be returned to the wild at the end of this week.

The animal, which is believed to be about 1½ years old, is staying at Critter Care Wildlife Society in Langley. It appears to be uninjured after being hit by a car, according to animal care supervisor Renee Mayne.

"All limbs seem to be working, nothing internal is happening," Mayne said yesterday. The bear was originally spotted near the PNE before it was struck by a car and ran into a backyard. Conservation officers shot it with a tranquilizer before taking it to Critter Care.

According to Mayne, the agency has cared for 15 bears over the past year. Most were cubs orphaned by their mothers after they were hit by cars or became "problem bears." METRO VANCOUVER

'We need to feel safe'

Teen assaulted at SkyTrain station pleads for security

By **KRISTEN THOMPSON**
Metro Vancouver

A teenager who was recently assaulted outside Nanaimo SkyTrain station said yesterday she's too scared to take transit and appealed to TransLink to improve safety.

Sheshleen Datt, 18, was attacked on April 29 by six girls who haven't been charged because video of the assault was erased.

"I can't do what I used to," Datt said. "I can't just go to the mall. I can't go to work. Someone has to drive me. … People rely on transit and we need to feel safe."

Datt, NDP MLA Adrian Dix and others affected by violence along the transit line got together at Nanaimo station to gather signatures for a safety petition. It calls for permanent guards and walk-home programs at high-risk stations.

Sandra Martins-Toner, whose son Matthew Martins was killed outside Surrey Central station, said Datt's story drew painful memories.

"Anytime there's an assault at a SkyTrain station I'm reminded of (Matthew)," she said, breaking down in tears.

KRISTEN THOMPSON/METRO VANCOUVER

Sheshleen Datt, right, and Sandra Martins-Toner outside Nanaimo SkyTrain station yesterday.

security

» TransLink spokesman Drew Snider said its police force has increased by 53 per cent since 2006 to 115 officers and the surveillance system will be digital by July.

Stabbing suspects still in custody

Three men arrested following the stabbing death of a 19-year-old Richmond man at Cultus Lake remain in police custody in Chilliwack, Mounties said yesterday.

The 19-year-old, whose identity has not yet been released, was stabbed during a fight between two groups of men at the Sunnyside Campground.

The three suspects were tracked by a police dog and arrested Saturday night after RCMP arrived at the campground and found a 19-year-old man dead and two others injured. A 20-year-old man was also stabbed in the incident and taken to a Vancouver-area hospital where he is being treated for serious but not life-threatening injuries.

An employee of the campground was also injured while attempting to intervene in the fight. He was treated at a local hospital and was released. JEFF HODSON/METRO VANCOUVER

»news In Brief

» **EUTHANIZED** A rottweiler has been euthanized after it attacked an eight-year-old boy and a four-year-old girl in Surrey on Friday. The dog was recently rescued from a drug house, according to the B.C. SPCA.

» **STABBED** A man was taken to hospital after he was stabbed 10 times in a fight outside a local banquet hall Saturday, cknw.com reports. The fight broke out at the 2100 block of Kingsway. The suspects fled the scene. METRO NEWS SERVICES

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Work on facilities for the 2010 Paralympic Games is further ahead of schedule than it was at this time for past Paralympics, according to the International Paralympic Committee. The Paralympics will be held immediately after the 2010 Vancouver Winter Olympics. SOURCE: REUTERS

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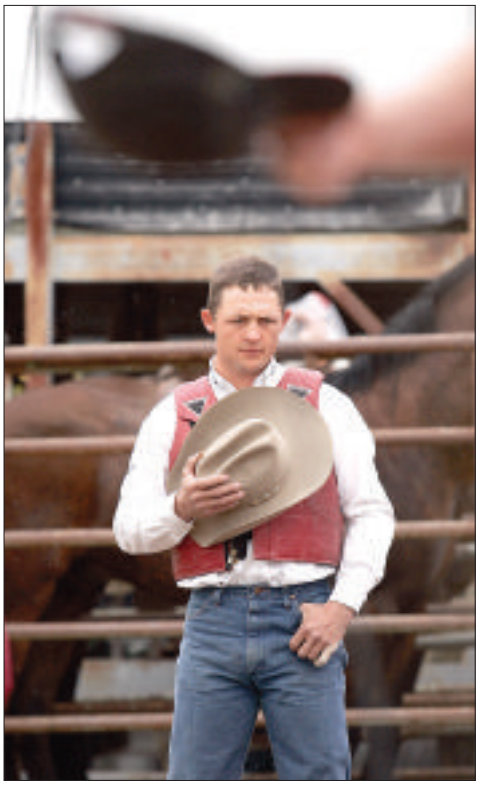

TOP LEFT: Bradley Harter of Weatherford, Texas, preps his saddle in the cowboy's lounge.

ABOVE: Rodeo clown Richard Wanchuk and his son Kolby, 11, put on makeup in their trailer.

LEFT: Tracy Young of Delta, Utah, blasts through the time trap during ladies barrel racing yesterday.

RIGHT: An American bareback rider reacts to the U.S. national anthem.

ALL PHOTOS RAFE ARNOTT/ METRO VANCOUVER

A bucking success

Organizers 'ecstatic' Cloverdale Rodeo's new format a hit

By **RAFE ARNOTT**
Metro Vancouver

The Cloverdale Rodeo's new format was a bucking success as fans turned up in droves to the 62nd annual event.

More than 80,000 people took part in the four-day country fair — compared to about 50,000 last year — leaving organizers "ecstatic."

"It's been an extremely positive rodeo," said Gerry Spielmacher, Cloverdale Rodeo and Exhibition president. "The fans have been sold on the new format. Crowds in the stands have been to capacity."

More than 20,000 people showed up for the rodeo portion of the fair, a significant improvement over the 17,500 spectators it attracted last year.

For years, animal rights activists criticized the rodeo. After a calf died last year organizers announced they were dropping the number of events to four from seven. The more controversial events like steer wrestling were eliminated.

Organizers also limited the field for competitors, inviting only the top 24 riders in North America to take part in the saddle bronc, bareback, bull riding and ladies barrel racing modalities.

To keep the top cowboys and cowgirls motivated, the prize money was doubled to $360,000, making Cloverdale the second largest rodeo payout in Canada behind the Calgary Stampede and No. 5 in North America.

Saddle bronc rider Isaac Diaz of Davie, Fla., said Cloverdale's bucking stock and hospitality are unmatched.

"It's a really, really good rodeo. It's got a lot of money and good horses," Diaz said.

Kanin Asay of Powell, Wy., said he was grateful to accept the invitation and he likes the new format.

"It's more money in less time," Asay said.

Laura Balance, spokesperson for the rodeo, said the altered format was a success and organizers will continue to build on it.

"We weren't sure if it was going to work — this weekend proves the format works," Balance said. "We are going to look back in a decade and see that a little rodeo from Cloverdale, B.C., led the pack."

–rafe.arnott@metronews.ca

Bobby Mote holds on for a full eight seconds to win bareback riding at the 62nd annual Cloverdale Rodeo and Exhibition. The Oregon native claimed $20,500 — the biggest cash purse in Canadian rodeo history.

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metro Do it daily.

More than 11,000 people have joined the civic political party Vision Vancouver in the past two months. Raymond Louie, Allan De Genova and Gregor Robertson are its three mayoral candidates.

METRO VANCOUVER

Training for the Games

Local athletes hope hometown crowd will help

By **JEFF HODSON**
Metro Vancouver

JEFF HODSON/METRO VANCOUVER

Simon Whitfield prepares to swim in English Bay yesterday during a promotional event for next month's 2008 Vancouver BG Triathlon World Championships.

Victoria's Kirsten Sweetland is hopeful that the roar of a hometown crowd will help propel her to a top-eight finish and a trip to Beijing.

"I know what I have to do," said Sweetland, 19, who made history last year when she became the youngest Canadian to win a triathlon World Cup race.

Sweetland

In three weeks, Sweetland will fight for a spot on Canada's Olympic team during the 2008 Vancouver BG Triathlon World Championships in English Bay. She needs a top-eight finish to qualify for the 2008 Games.

"I have nothing to lose really I only have something to gain," said Sweetland, who joined her training partner Simon Whitfield at an event yesterday afternoon to promote the Vancouver Triathlon.

Whitfield, who captured gold in 2000 Sydney, Australia despite crashing during the cycling portion of the race, won the Vancouver Triathlon World Cup in 2007. "It's a hometown race, with the backdrop of the city and English Bay, it's going to be great," Whitfield said.

Sweetland said she got a taste of racing before a "hometown" crowd when she placed second at a World Cup event in Edmonton last year. "There's really nothing like it when the whole crowd is screaming your name. It's pretty cool."

–jeff.hodson@metronews.ca

B.C. Place getting facelift

Building receiving retractable roof

By **JEFF HODSON**
Metro Vancouver

The tarnished marshmallow on Vancouver's skyline is toast.

B.C. Place is getting a new retractable roof, a new artsy neighbour and a new tenant.

Premier Gordon Campbell announced Friday that the 25-year-old concrete stadium, home to the opening and closing ceremonies for the 2010 Games, will be capped by a new retractable roof in the eight months following the Olympics.

Artist's rendering of B.C. Place.

The premier also announced that the Vancouver Whitecaps FC — who confirmed that they are applying for a Major League Soccer franchise — would move into the stadium in 2011 while continuing to work on their waterfront stadium.

As well, Campbell announced that the new Vancouver Art Gallery would be built next to the stadium on the edge of False Creek. The government has already pledged $50 million to a new gallery.

The price tag of the new roof is unknown, but will be finalized within the next five months.

By some estimates, the retractable roof could cost in the ballpark of $200 million. More than $100 million will be generated through the development of area land.

–jeff.hodson@metronews.ca

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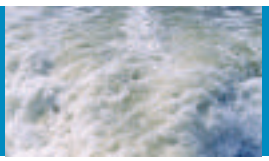

Quebec's Yamaska River has a dubious distinction: According to Environment Canada's 2007 Canadian Environmental Sustainability Index, which rated 395 rivers and waterways across the country, it's the filthiest river in Canada. TORSTAR NEWS SERVICE

Recognizing past mistakes

Atonement time on Parliament Hill

Ottawa has set aside money to commemorate an incident in 1939 when a Jewish refugee ship that fled Nazi Germany was turned away from nation after nation, including Canada. This comes at a time when apologies for — or at least acknowledgement of — historical wrongs abound on Parliament Hill.

Last Thursday, the House passed a private member's motion from Liberal MP Ruby Dhalla asking the government to apologize for denying entry to 376 Indian immigrants aboard the Komagata Maru in 1914. The government is expected to fast-track a private member's bill introduced by Tory MP James Bezan that would recognize the 1930s famine in Ukraine as genocide.

The government also recently announced a $10 million grant in recognition of Ukrainian and other Eastern European immigrants interned in Canadian camps during the First World War.

long-awaited apology

» Indian Affairs Minister Chuck Strahl announced last week the government will issue its long-awaited official apology to former students of native residential schools on June 11.

No one will come out and say these initiatives are a way for the federal Tories to reach out to the ethnic vote, even though Jason Kenney, who was brought into the federal cabinet to help engage different communities, is handling the historical recognition programs. Dhalla noted that Conservatives did not support her motion when she introduced it on April 2 this year. While Prime Minister Stephen Harper did address the tragedy in August 2006, it was only after community outcry this spring that the government announced $2.5 million in grants to commemorate the incident and then supported her motion. TORSTAR NEWS SERVICE

Anger grows at MP Finley

For tobacco growers in southwestern Ontario, hope has turned to despair. Banks are foreclosing, marriages are dissolving and some growers have even taken their lives.

In Caledonia, a native land dispute has made properties virtually worthless. Residents complain there are two sets of laws — one for natives and one for the residents. What the tobacco farmers and the Caledonia residents have in common is anger, much of it directed toward the MP for their Haldimand-Norfolk riding — Tory Diane Finley. Caledonia residents feel Finley has abandoned them, while tobacco growers accuse her of failing to live up to her many promises to bring in an aid package that would allow them to turn to other crops or another way of life. TORSTAR NEWS SERVICE

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Royal wedding **Canadian gets hitched**

SHAUN CURRY/REUTERS

Britain's Peter Phillips, left, and Canadian Autumn Kelly stand on the steps of St George's Chapel after their marriage in Windsor, southern England, on Saturday. Phillips became the first of Queen Elizabeth's grandchildren to wed, marrying his Canadian bride in drizzly weather at a chapel at the queen's Windsor Castle residence near London. The couple met in 2003 at the Montreal Grand Prix.

crime

Burnaby man killed in Mexico

SLAYING A Burnaby man is dead after being fatally shot late Thursday in Cabo San Lucas, Mexico.

Police say Bouabal Bounthavorn, 29, was killed after opening the door to his room at the Hotel Riu and arguing with an unknown man.

Bounthavorn's 24-year-old girlfriend, Masha Heikali, suffered a gunshot wound to the foot and received treatment at a local hospital.

State police Cmdr. Enrique Wuilar said there had been no arrests so far in the case and police have no leads or a motive in the killing.

METRO NEWS SERVICE

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Conflicts mar celebrations of city's 400th anniversary

Quebec City events making headlines for wrong reasons

Dark clouds seem to be permanently stationed over Quebec City's 400th anniversary celebrations.

The year-long event began with an internationally televised fiasco, and has pretty much slid downhill from there, generating headlines because of organizational failings and the various political controversies it has prompted.

While $5 million has thus far been spent on promoting the celebrations overseas and in the United States, with only marginal returns to date, only about $500,000 has been splashed out on promoting the event in Quebec.

revenue boost?

» The city continues to project that the celebrations will boost the annual tourism revenues by at least five per cent.
» The summer schedule begins in earnest on June 3, the high point is expected to be a series of concerts and events on July 3, 400 years to the day from Samuel de Champlain's landing.

And according to a recent analysis by a Montreal-based media monitoring firm, the myriad difficulties plaguing the event have drawn more attention than the celebrations themselves.

The event was thrown into disarray after the original organizing committee chair was summarily ousted following the Dec. 31 opening ceremony, broadly considered to be a catastrophe.

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world

With no age limit on drinking, a no-alcohol beer brewed especially for dogs has proved a hit for an Australian pet shop. Brewer Elise Schumacher says it "tastes like beef and smells like beer." A bottle of Dog Brew sells for $4.76 US per bottle. REUTERS

Panic grips Chinese town

Citizens pour into streets as second quake predicted

Tens of thousands of panicked residents rushed into the streets of Chengdu in southwest China early this morning, alarmed by a television report that predicted another powerful earthquake would hit the region.

mountains
» Most of the dead from the 7.9-magnitude earthquake were in mountainous areas north and west of Chengdu.

The pandemonium triggered by the TV report showed how far people's nerves have been stretched by the May 12 earthquake and aftershocks which have killed more than 34,000 people and injured 245,000.

ALY SONG/REUTERS

Residents observe a three-minute moment of silence at 2.28pm local time yesterday, exactly one week after an earthquake hit the town of Pingtong, China.

Cars jammed roads leading out of Sichuan's provincial capital of Chengdu and people carrying bedding headed for open ground after hearing that another earthquake of 8-magnitude would shake the ravaged province overnight.

"They quoted a government department, so everyone's heading for clear space. I'd be careful if I were you," called a young man surnamed Huang.

Xinhua news agency reported a magnitude 5.0 aftershock hit Pingwu County early today, causing buildings to creak in Chengdu, about 150 km from the epicentre.

The death toll from last week's quake could rise dramatically, as the Communist Party chief in Sichuan said nearly 30,000 were missing. A further 5,000 are believed still buried under rubble. REUTERS

France considers happy hour ban

Changes to liquor laws attempt to curb binge drinking

France is considering a ban on happy hours in bars and on the sale of bottles of vodka and other strong liquor in nightclubs as part of efforts to curb binge drinking among young people, an official said yesterday.

The proposed measures are being discussed with producers and distributors of alcoholic drinks and decisions are expected within weeks, said Etienne Apaire, head of a government body in charge of the fight against addiction to drugs or alcohol.

> « *What we have seen in recent years is ... an increase in the kinds of behaviour that lead to drunkenness.* »
> *Government official Etienne Apaire*

"What we have seen in recent years is an increase in alcohol consumption among young people, and in particular an increase in the kinds of behaviour that lead to drunkenness," Apaire told Reuters in a telephone interview.

He said research conducted in 2005 showed about one in four French 17-year-olds reported getting drunk at least three times in the previous 12 months, while one in 10 said they had got drunk 10 times or more.

Apaire said one possible measure to counter the trend would be to ban "open bar" schemes in which customers can have as many drinks as they can manage for a set price. Apaire said such schemes encouraged drinking games and drunkenness.

Also being considered is a ban on "happy hours", during which bars or nightclubs offer cheaper drinks to try to attract customers earlier in the evening.

Other possible measures could include restricting the sale of vodka, whisky and other high-alcohol-content drinks in nightclubs to glasses, not bottles, and raising the legal age at which people can buy alcoholic drinks to 18. REUTERS

Violence intensifies in South Africa

Mobs armed with knives, clubs and jugs of petrol torched shacks and beat migrant workers yesterday in escalating anti-foreigner violence in Johannesburg squatter camps.

The unrest has led to increased political instability at a time of electricity shortages, rising inflation and disaffection among the poor over President Thabo Mbeki's pro-business policies.

deaths
» At least 22 people have been killed since the unrest began last week.

Police fired rubber bullets at rioters and police helicopters hovered overhead as officers rounded up suspects involved in some of the worst township violence since the end of apartheid.

The attacks started in Alexandria township last week, but have since spread into the central business district in South Africa's biggest city before hitting townships in the east of the city yesterday. REUTERS

RICK WILKING/REUTERS

A woman shows her six-week-old baby to US Democratic presidential candidate and US Senator Barack Obama, after he spoke in Billings, Mont., yesterday.

Clinton not giving up bid

Hillary Clinton had a warning yesterday for Barack Obama, who is on the verge of claiming the Democratic presidential nomination: Not so fast.

"This is nowhere near over," Clinton said at a rally in Maysville, Ky., pressing ahead with her long-shot bid for the White House, even as Obama focuses on November's election matchup with Republican John McCain.

Despite Obama's almost unassailable lead in delegates who will select the nominee at the August Democratic convention, Clinton repeatedly has shrugged off calls to quit the race before the last of the voting concludes June 3.

She warned the Illinois senator against premature victory celebrations one day before Kentucky and Oregon cast ballots in the Democratic White House fight.

Obama expects to claim a majority of pledged delegates won in state-by-state races after today's returns, but he will still be about 75 short of the 2,026 needed to clinch the nomination without further help from superdelegates — party officials who are free to back any candidate. REUTERS

Britain

Human-animal embryos approved

SCIENCE Britain's parliament voted yesterday to allow the creation of human-animal embryos which some scientists say are vital to research cures for diseases, but critics argue pervert nature.

In a separate vote, parliament also decided to allow parents of children suffering serious diseases to use in-vitro fertilisation to select "saviour siblings" who can act as donors for transplants.

Parliament defeated an amendment to ban interspecies research by 336 to 176 after hours of impassioned debate on ethics versus science. REUTERS

Myanmar allows some help

Cyclone-stricken Myanmar will accept medical workers from Southeast Asian countries to help with the relief effort and is ready to accept international aid agencies, the Association of Southeast Asian Nations said yesterday.

case by case
» Aid workers from non-ASEAN countries will be granted entry to Myanmar on a case-by-case basis.

"Myanmar will accept international assistance," Singapore Foreign Minister George Yeo told a news conference after a meeting of the bloc in the city-state.

"We will establish a mechanism so that aid from all over the world can flow," he said. REUTERS

»news In Brief

» **HEALTH** Seasonal flu viruses are developing the ability to evade influenza drugs globally, but how and why this is happening is not clear, experts told a conference yesterday. Europe is the worst-affected by strains of influenza that resist the effects of antiviral drugs, but the resistance is growing globally, they told a meeting of the Infectious Diseases Society of America.

» **ZIMBABWE** The country's opposition accused military intelligence agents yesterday of a plot to kill party leader Morgan Tsvangirai that it said forced him to postpone his return to the country over the weekend. The government of President Robert Mugabe, who will face Tsvangirai in a run-off election on June 27, said the allegation was a media stunt.

» **TIBET** Standing before the Brandenburg Gate that straddled Germany's East-West border, the Dalai Lama hailed the fall of the Berlin Wall as a symbol of peaceful protest in an address to some 20,000 supporters which strove to reassure China he was not seeking Tibetan independence. REUTERS

business

Oil
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$0.76

BCE buyout questionable?

Banks reportedly submit 'onerous' new conditions

The $34.8 billion buyout of BCE Inc. has become more questionable as the banks funding the deal have sought to renegotiate the financing terms, a source familiar with the situation said yesterday.

The banks behind the buyout of BCE, Canada's largest telecommunications company and operator of Bell Canada, submitted new financing terms to the buyout group Friday, the source said.

The new set of terms contained higher interest rates and other "onerous" conditions, the source said.

The New York Times said the new terms submitted by the banks included higher interest rates, tighter loan restrictions and protections that far exceeded the original terms. The buyout group and the banks negotiated all weekend, said the report. REUTERS

Yahoo, Microsoft in new talks

Microsoft Corp. has proposed to buy Yahoo Inc.'s search business and take a minority stake in the web pioneer, stopping short of a full-out merger, a person familiar with the talks said yesterday.

The talks were revealed by the two companies Sunday. REUTERS

»news In Brief

» **AUTOS** Members of the Canadian Auto Workers union have ratified three-year contracts with GM and Chrysler. TORSTAR NEWS SERVICE

metro

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sports

World No. 1 Tiger Woods, left, plans to play in this year's Buick Open in Michigan beginning June 26, marking his return from the left knee surgery he underwent in mid-April. METRO NEWS SERVICES

Wings soar into Cup final

Detroit wraps up West with dominating win

RED WINGS 4 STARS 1

Henrik Zetterberg registered a goal and an assist as Detroit secured a berth in the Stanley Cup Finals for the first time since capturing the title in 2002 with a 4-1 win over Dallas at American Airlines Center.

Dallas Drake also posted a goal and an assist for the Red Wings, who won the Western Conference finals four games to two. Chris Osgood stopped 28-of-29 shots to pick up the win.

"It's a huge thrill for me to get a chance to play in the Stanley Cup," Drake said. "I've played 16 years now. I've never even gotten close to having an opportunity."

The Red Wings will be going for their fourth championship since 1997 and 11th overall in the franchise's storied 82-year history.

Stephane Robidas tallied the lone goal for the Stars, while Marty Turco allowed four goals on 29 shots in defeat. Dallas became the 13th team in NHL history (out of 156 opportunities) to force a Game 6 after losing the first three games of a series.

But Detroit closed the series out with a dominating performance, and will battle Pittsburgh, after the Penguins needed only five games to dispatch the Philadelphia Flyers in the Eastern Conference finals.

Games 1 and 2 of the Finals are scheduled for Saturday and Monday in Detroit.

Detroit made a statement with three goals in the first period.

Kris Draper put the Red Wings on the board 3:45 into the game. Drake skated down the left wing and threw the puck on net. Draper, stationed on the edge of the crease, had the centering feed hit him above the chin and fall in behind Turco. Immediately following the tally, the checking winger retreated to the locker room for repairs, but was back on the bench later in the frame.

The Red Wings grabbed a 2-0 lead on the power play with 8:19 remaining. Nicklas Lidstrom's blast from the point got caught up in the skates of Stars defenseman Nicklas Grossman in the low slot and Pavel Datsyuk jumped on the loose puck, lifting it up and over a sprawled Turco.

METRO NEWS SERVICES

RONALD MARTINEZ/GETTY IMAGES

Detroit Red Wings forward Pavel Datsyuk celebrates his goal against the Stars last night during Game 6 of the Western Conference finals in Dallas. The Red Wings will play the Pittsburgh Penguins in the Stanley Cup final.

Whitecaps push streak to 3 games

WHITECAPS 0 IMPACT 0

The Vancouver Whitecaps extended their undefeated streak to three games following a goalless draw at the rival Montreal Impact.

Montreal's brand-new Saputo Stadium was christened in wet conditions with an open and entertaining contest between Canada's two USL First Division clubs, even though a game-winning goal was too elusive for both sides.

Whitecaps goalkeeper Srdjan Djekanovic and his Montreal counterpart Matt Jordan were equal to any efforts that were thrown at them during the soggy 90 minutes of action in Quebec. The shutout was Djekanovic's fourth clean sheet in five league games.

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World No. 6 Andy Roddick has pulled out of next week's French Open because of a problem with his back and shoulder. Roddick has never made it past the third round at Roland Garros and has lost in the first round the past two years. REUTERS

Young Pens look familiar

TOUL BOX
SCOTT RINTOUL
scott.rintoul@metronews.ca

Now that the Pittsburgh Penguins have qualified for the Stanley Cup final, the comparisons to the Oilers of the early '80s can really begin.

It was 25 years ago that an exciting, young team from Edmonton qualified for its first Cup final led by a nucleus of future Hall of Famers. **Wayne Gretzky** and **Mark Messier** were just 21-years-old at the time while **Jari Kurri** checked in at 22.

The Penguins counter with 20-year-old **Sidney Crosby**, the youngest captain in NHL history to reach the final, and fellow centres **Evgeni Malkin** and **Jordan Staal**, whose ID's read just 21 and 19 respectively.

Did the Pens celebrate Sunday's Eastern Conference win at a bar or Chuck E. Cheese?

On the backend, the Oilers were anchored by 21-year-old **Paul Coffey** and 23-year-old **Kevin Lowe**. Though veteran **Sergei Gonchar** is the main offensive threat on Pittsburgh's blue-line, youngsters **Ryan Whitney** (25) and **Kris Letang** (21) give the Pens another pair of comparables to the early Oil. And in goal, **Marc-Andre Fleury** (23) is analogous to a young **Andy Moog** (22), who handled the goaltending duties that spring with 19-year-old **Grant Fuhr** backing him up.

Given the type of dominance the Oilers enjoyed for the better part of a decade, Crosby and company will welcome the comparisons. However, the Pens are hoping to rewrite the beginning of script, as the Islanders swept the Oilers in four games in their first trip to final in 1983.

» Despite the unfavourable outcome for our home and native land, cross your fingers that the gold medal game in 2010 features the same two countries as at this year's World Hockey Championship.

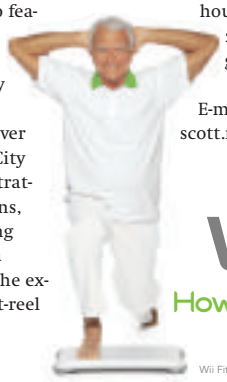
Russia's 5-4 win over Canada in Quebec City may have been frustrating for Canadian fans, but it was everything you want to see in a hockey game with the exception of highlight-reel goaltending.

Cam Ward and **Evgeni Nabokov** weren't terrible, but they weren't as exceptional as one expects to see in the Olympics two years from now when the likes of **Martin Brodeur** and Vancouver's **Roberto Luongo** show up.

Apart from that, the domination of the Canadian contingent of **Rick Nash**, **Dany Heatley** and **Ryan Getzlaf** was a preview of a line we should see in 2010, and the high-flying talent of **Alexander Ovechkin** and **Ilya Kovalchuk** left viewers marveling at both the wonderful skill and personality the new generation of Russians can provide.

Mix in the likes of Crosby, **Joe Thornton**, **Vincent Lecavalier** and **Jarome Iginla** for Team Canada, with snipers like Malkin and **Pavel Datsyuk** bolstering Team Russia, and the $775 for the best seat in the house at GM Place on Feb. 28, 2010 might look like a bargain.

» Want to weigh in? E-mail me at scott.rintoul@metronews.ca.



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How to make a Scott Rintoul: Mix equal parts college athlete, sports fan and broadcaster. Shake vigorously. Serve chilled Monday-Friday on the TEAM 1040 from 6-9 a.m. or online at thetoulbox.blogspot.com.

Spurs swat Hornets to reach West final

Ginobli seals huge road win at line

SPURS 91 HORNETS 82

Manu Ginobili scored 26 points and hit all six of his free throws in the final minute, as the Spurs moved into the Western Conference final with a 91-82 victory last night over the New Orleans Hornets.

The Spurs, who nearly blew a 14-point fourth-quarter lead, became the only team to win a road game in the semifinal series and the defending NBA champions did it at the perfect time, in the decisive Game 7, denying the Hornets their first trip to the conference finals.

Instead, San Antonio will be on the road to take on the Lakers, starting tomorrow night in Los Angeles.

Tim Duncan contributed 16 points and 14 rebounds for the Spurs, who rallied after losing the first two games and continued their quest for a fifth championship in 10 years. Tony Parker added 17 points and hit a crucial shot in the final minute.

SEAN GARDNER/REUTERS

San Antonio Spurs guard Manu Ginobili controls the ball next to Hornets swingman Morris Peterson last night in New Orleans.

David West, fighting through a back injury, had 20 points and nine rebounds for the Hornets. Jannero Pargo scored 16 of his 18 points in the fourth quarter, and Chris Paul ended with 18 points, eight rebounds and 14 assists in the losing effort. Tyson Chandler scored 13 and pulled down 15 rebounds.

The series victory marked the first time following a Spurs championship that they made it past the Western Conference semifinals

METRO NEWS SERVICES

MLB

Boston's Lester throws no-hitter

MILESTONE Left-hander Jon Lester pitched the 18th no-hitter in Red Sox history, as Boston beat the Kansas City Royals 7-0 last night at Fenway Park.

Lester, a cancer survivor, struck out nine and issued only two walks while throwing 130 pitches to record the first no-hitter in the major leagues this season.

MLB

A-Rod set to return to Yankees' lineup

INJURIES New York Yankees slugger Alex Rodriguez will rejoin his teammates for today's game against Baltimore after recovering from an injury to his right quadricep. REUTERS

Russians want more gold

Men's hockey team targets Olympics

After ending a 15-year gold medal drought at the world hockey championship on Sunday in Quebec City, the next target on Russia's radar is the 2010 Winter Olympics in Vancouver.

Russia's thrilling 5-4 overtime win over Canada in Sunday's final offered as much relief as excitement in Moscow.

More significantly, it signaled a long-awaited renaissance of Russian hockey and a possible return to the glory days of the Soviet Union when the Big Red Machine ruled supreme over the sport.

"Huge," said Ilya Kovalchuk, describing the win he fashioned by scoring the tying goal late in the third period, followed by the game winner 2:14 into overtime.

"It's huge for our preparation for everything, for all the kids we have started building a lot of rinks (for).

"They want to improve the game, they want to win.

"Now they want to practice harder to maybe be one day on the national team."

In the 15 years between world championship titles, Russia had made only one other appearance in the final, losing to Slovakia in 2002.

While there is still much work to be done, Russian hockey finally appears to be back on track. REUTERS

CHRISTINNE MUSCHI/REUTERS

Russia's Alexander Radulov kisses the trophy as his teammates celebrate their overtime win over Canada in the gold-medal game at the IIHF World Championships on Sunday.

SCOREBOARD

NHL

CONFERENCE FINALS
WESTERN CONFERENCE
DALLAS VS. DETROIT
Game 6 — Last night
Detroit 4 Dallas 1
(Detroit wins series 4-2)
EASTERN CONFERENCE
PHILADELPHIA VS. PITTSBURGH
Game 5 — Sunday
Pittsburgh 6 Philadelphia 0
(Pittsburgh wins series 4-1)

NBA

CONFERENCE SEMIFINALS
WESTERN CONFERENCE
L.A. LAKERS VS. UTAH
(L.A. Lakers win series 4-2)
NEW ORLEANS VS. SAN ANTONIO
Game 7 — Last night
San Antonio 91 New Orleans 82
(San Antonio wins series 4-3)
EASTERN CONFERENCE
BOSTON VS. CLEVELAND
(Boston wins series 4-3)
DETROIT VS. ORLANDO
(Detroit wins series 4-1)
CONFERENCE FINALS
WESTERN CONFERENCE
L.A. LAKERS VS. SAN ANTONIO
Game 1 — Tomorrow
San Antonio at L.A. Lakers, 6
Game 2 — Friday
San Antonio at L.A. Lakers, 6
Game 3 — Sunday
L.A. Lakers at San Antonio, 5:30
Game 4 — Tuesday, May 27
L.A. Lakers at San Antonio, 6
*Game 5 — Thursday, May 29
San Antonio at L.A. Lakers, 6
*Game 6 — Saturday, May 31
L.A. Lakers at San Antonio, 5:30
*Game 7 — Monday, June 2
San Antonio at L.A. Lakers, 6
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 1 — Tonight
Detroit at Boston, 5:30
Game 2 — Thursday
Detroit at Boston, 5:30
Game 3 — Saturday
Boston at Detroit, 5:30
Game 4 — Monday, May 26
Boston at Detroit, 5:30
*Game 5 — Wednesday, May 28
Detroit at Boston, 5:30
*Game 6 — Friday, May 30
Boston at Detroit, 5:30
*Game 7 — Sunday, June 1
Detroit at Boston, 5:30
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Boston 7 Kansas City 0
Minnesota 7 Texas 6
Tampa Bay at Oakland
NATIONAL LEAGUE
Chicago Cubs 7 Houston 2
Washington 4 Philadelphia 0
Colorado 4 San Francisco 3
St. Louis 8 San Diego 2
Cincinnati at L.A. Dodgers
TODAY'S GAMES
AMERICAN LEAGUE
Seattle at Detroit, 4:05
Kansas City at Boston, 4:05
Baltimore at N.Y. Yankees, 4:05
L.A. Angels at Toronto, 4:07
Texas at Minnesota, 5:10
Cleveland at Chicago W. Sox, 5:11
Tampa Bay at Oakland, 7:05
NATIONAL LEAGUE
N.Y. Mets at Atlanta, 10:05 (Gm 1)
Milwaukee at Pittsburgh, 4:05
N.Y. Mets at Atlanta, 4:10 (Gm 2)
Arizona at Florida, 4:10
Philadelphia at Washington, 4:10
Chicago Cubs at Houston, 5:05
San Francisco at Colorado, 5:35
St. Louis at San Diego, 7:05
Cincinnati at L.A. Dodgers, 7:10

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER, ONT.:
ROUND-ROBIN
Yesterday
Belleville 6 Gatineau 3
Tonight
Spokane vs. Gatineau, 4
Tomorrow
Kitchener vs. Belleville, 4

LOTTERIES

Friday, May 16, 2008
Lotto Super 7 — 10, 14, 15, 34, 40, 43 & 45. Bonus 28.
Extra — 38, 45, 75, 79.
Saturday, May 17, 2008
Lotto 6/49 — 5, 21, 35, 38, 47 & 48. Bonus 45.
B.C. 49 — 03, 10, 21, 27, 39 & 47. Bonus 23.
Extra — 14, 21, 55, 66.
Results not official

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New condo owner gets caught in credit crunch

First-time buyers frequently don't anticipate costs

MONEY MATTERS
HENRY CHOO CHONG
choochonghcga@yahoo.ca

Q Last December, I purchased a condo, but I didn't anticipate all the costs of homeownership and used some other sources to close and finance. In addition to my mortgage, I have three credit cards, two department store cards, and a line of credit. Which should I pay down first — the biggest loans, the mortgage or the other loans? — ANNA

A Borrowers should pay down debts that carry the highest interest rates such as department store and credit cards. If you receive a "Congratulations, we are increasing your credit limit" notice from your department store or credit card company, decline the increase. Consolidate your debts by increasing lower-interest LOCs and pay off the cards. Then dispose of some cards, and keep no more than the number of hands — not fingers — you have.

More than 60 per cent of Canadians own their own home; it's a worthwhile aspiration. But many first-time buyers underestimate closing and monthly carrying costs. For example, costs incurred on closing can include land transfer tax, appraisal fees, legal fees and disbursements, a portion of property taxes, utilities, new home warranties and so on. And recurring monthly expenses include mortgage payments, utilities, property taxes, maintenance fees, repairs, insurance etc.

So first-time buyers need to be cognizant of all the costs associated with home ownership.

Henry Choo Chong, CGA provides professional accounting and taxation solutions for individuals, businesses and corporations. E-mail all questions to Money Matters: choochonghcga@yahoo.ca.

Relax with Metro

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For budget-wise holidays, consider the possibilities available in your hometown.

Planning vacations on a tight budget

Check out what's on in your city

Q My husband and I are trying to plan a summer getaway but after looking at our finances, we're wondering if we can even afford it. Do you have any suggestions for getting away for less? — SARAH S.

A As summer approaches, more and more of our readers are expressing similar concerns. But even if a vacation seems out of reach this year, there is a way to get away.

Who said travel had to involve leaving your city? In every town, there are tons of attractions which locals never visit or may not even know about.

SMART COOKIES
www.smartcookies.com

Here are a few tips on being a tourist in your own town, Smart-Cookie style.

First things first. As a tourist, you'll need to research as to what your hometown has to offer. Hit your computer and look up your city's visitor center's Web site. Also, check out sites such as *tripadvisor.com* to find out what tourists are visiting in your city and when.

Most metropolitan cities throughout Canada offer cultural neighborhoods and districts, as well as theatre and entertainment districts.

Try experiencing a new ethnic cuisine, or hit a local theatre. One of our favorites is our locale Chinese night market where you can find anything from cheap knockoff purses to the latest kitchen gadget. And for last minute theatre and entertainment tickets for up to 50 per cent off, check out *www.ticketstonight.ca*.

Think that hotels are only for out of town guests? Think again. Getting away from your regular surroundings and staying in a hotel for a night could be exactly what the doctor ordered.

Many hotels offer discounts to locals — all you have to do is ask! And if you have the flexibility to stay at a hotel mid-week, rather than the weekend, or even in the off-season, prices can be even better.

To truly experience the city and to help save the planet, leave your car at home and travel like a tourist.

Most major cities offer transit systems or special tourist buses which can get you to all the major attractions. And with the price of gas these days, you will likely save money as well. The key is to have fun without spending a fortune.

Let's be honest, we could all use some time to recharge those batteries and if a trip away is a bit too pricey right now, there are ways to get away from it all without actually leaving your own town.

If you have questions for the Smart Cookies, e-mail us at *smartcookies@metronews.ca*. And don't forget to check us out every Wednesday on the W Network in our new time slot at 9 p.m. EST/PST.

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workology

Forty-three per cent of working moms would take a pay cut to spend more time with their kids a CareerBuilder.com survey found — with 34 per cent of them stating they would be willing to give up 10 per cent or more. METRO NEWS SERVICES

Fair bands brains, business

Canada's youngest scientists show their stuff in U.S.

By **RAFAEL BRUSILOW**
for Metro Vancouver

RAFAEL BRUSILOW/FOR METRO VANCOUVER

Beth Ferreira, 16, from Winnipeg, Man., speaks to a reporter about her project. She showed how analysis of seal claws can be an indication of their level of exposure to mercury. She tied with three other world competitors for the second award of $1,500.

Desires to both learn about the world and work to change it for the better motivate 16 of Canada's brightest young minds.

Hailing from high schools across all parts of the country, the 16 teenaged finalists chosen to represent Canada at the Intel International Science and Engineering Fair beamed with excitement at a recent showcase event before heading off to the site of this year's 11th annual fair in Atlanta, Ga.

"It's definitely been an experience of a lifetime," said Michael Peters, 16, from Victoria, B.C.

His invention is the definition of simplicity: a wheelchair that straps the user's legs into an array that keeps them in motion as the chair moves to prevent dangerous blood clots. Peters' grandmother suffered a stroke in 2002 so he built the chair with her legacy in mind. Peters designed his chair to be easily manufactured because he hopes it will go into real production.

"Often the best solutions to the most difficult problems are the simplest," Peters said.

> « *Often the best solutions to the most difficult problems are the simplest.* »
> *Michael Peters*

Other finalists also had strong personal reasons for their research. Yale Michaels, a 16-year-old student from Winnipeg, Man., designed a way to better differentiate cancerous and non-cancerous cells in a person's body, in order to create a therapy that could target cancer cells in an early stage. His own grandmother died of cancer, causing Michaels to realize how prevalent the disease is.

"Everyone knows someone who has been affected by cancer," Michaels said.

Doug Cooper, country manager for Intel Canada, says Intel sees the annual fair as a key lifeline for developing the kind of talent central to their own success.

"The skills we see represented here are fundamental to the viability of our business," Cooper said.

Science fairs aren't just a fun diversion for smart kids, Cooper says. Real, marketable inventions and technologies have resulted from them. Case in point: the insulin dispenser.

"This is university-grade science," he said.

Cooper suggests the biggest difference between science fairs 11 years ago and today is that the kids are much more prepared to take ownership of their intellectual properties.

Some are already thinking business: Peters has already started the patent process on his blood-clot-preventing wheelchair, while 16-year-old Roopa Suppiah from Deep River, Ont., greeted interviewers with her own business cards. Her project found an economically viable way to reduce the greenhouse gas effect by converting carbon dioxide from emissions into useful organic materials like ethanol.

The fair was held May 11-17 in Atlanta and 10 of the 16 Canadian teens placed in the top four award categories for their respective subject areas.

Seventeen-year-old Laurent Fradet from Sherbrooke, Que., who found a way to make bone cement safer, says the experience has opened his eyes.

"It's really a trigger that's brought me into science," Fradet said.

now that's variety

» Other projects included better solar panels to maximize energy collection, a way to use bacteria to regulate diseases like HIV and rheumatoid arthritis and even a new method for attaching horseshoes to horses' hooves without nails.

RAFAEL BRUSILOW/FOR METRO VANCOUVER

Llew Falle, 15, from Sarnia, Ont., beside his entry project that showed how microbial fuel cells can be used to extract electricity from methane gas found in manure.

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Netting the next generation

Employers need new employee retention ideas

By **RAFAEL BRUSILOW**
for Metro Vancouver

As Canada's baby-boomers continue to retire from the workforce, employers are being faced with a daunting challenge — to not only find young talent, but to make sure they stick around as well.

Canadian statistics show about 8.7 million people aged 55 and older live in Canada, 2.7 million of which are nearing retirement soon, a situation that Judy Sweeney, vice-president of research at talent management firm Taleo Corporation, says is likely to exacerbate the rush for young talent.

"As people exit the workforce there aren't enough people to fill those positions. There certainly will be a continuing war for talent," said Sweeney.

Finding young talent is one thing however; keeping them around is another story entirely.

"The younger generation is very interested with their career path in an industry rather than with a single company. They're jumping from one company to another because they are much better equipped to understand the opportunities in the market," Sweeney said.

Dubbed "Generation Y" by market analysts, younger candidates under the age of 27 have different desires and habits than previous generations and Sweeney says employers need to listen.

"Gen Y-ers are very self-confident, they're very technically savvy and they are a generation that asks the question 'Why?' when told to do something," Sweeney said.

Young workers out there today are proving to be a bright yet questioning lot, according to some analysts.

To retain younger workers, companies have to be willing to change the work environment. Sweeney says Gen Y-ers are accustomed to and prefer collaboration and they love to multi-task, so companies need to take steps to put young talent into teams and make sure they're not stuck doing one thing all the time.

Gen Y-ers are also much more plugged into social networks than older generations so Sweeney says many companies are now starting to offer postings and interactive groups on social networking sites like Facebook and LinkedIn.com. Manufacturing giant Proctor & Gamble even offers a game targeted at Gen Y-ers on their recruiting site that assesses teamwork skills in a fun way. It's all a part of understanding how younger workers communicate, Sweeney says.

> *« The younger generation is very interested with their career path in an industry rather than with a single company. They're jumping from one company to another because they are much better equipped to understand the opportunities in the market. »*
>
> *Judy Sweeney of Taleo Corporation*

"You have to go to their sources and speak to them in their languages," she said.

When it comes to money, Sweeney says research shows younger talent is less interested in financial rewards and much more interested in career flexibility — both in pursuing career paths and in working more flexible hours. She recounts a story of a computer programmer who refused a raise to instead ask for night-time hours and an easy chair as an example of how traditional approaches might be out of tune with what Gen Y-ers really want.

"Ask them what they want and don't assume they want the same things as older generations. Work evolves from generation to generation, and I think this is a particularly bright and energetic generation," Sweeney said.

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» Office Yoga

By HEATHER DeLONG

This Week's Pose: Tree Balance

» Five minutes of daily office yoga can help relieve physical tension, reduce mental stress and increase awareness of your posture at work.

» This balancing pose will improve your concentration, balance and core strength. It is a good pose to help feel more focused and relaxed.

» Remember that every aspect of the pose should feel comfortable and you should never feel any pain when doing yoga

Step 1: Stand with your feet hip-width apart and your spine straight. Bring your hands on your hips and find a point on the floor to focus on a couple feet ahead of you. If you are unsure of your balance, you can stand near a wall for support.

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Step 2: Contract your abdominal muscles and concentrate on your focal point. Shift your weight to your right foot and pivot your left heel to your right ankle (with your left toes still on the floor). You can stay here or place the sole of your left foot on your calf, or place your left foot on your inner thigh helping with your left hand. If your foot is on your upper leg, gently press your left leg back slightly to open up your hip. Press the sole of your foot against your leg and your leg against the sole of your foot to find your center of balance. Your priority is to feel calm and focused, so move to the variation that allows you to remain stable.

Step 3: You can keep your hands on your hips or place your palms together in front of your chest. Stay connected to your abdominal muscles and your focal point. Find steadiness and breathe here. If you are balanced, you can reach your arms over your head with the palms together. To come out of the pose, gently bring your hands back in front of your chest if they are lifted and help with your hand if you need to release your foot. Shake out your legs and repeat on the other side.

Corporate culture clash

Recent graduates embarking on their careers may find there are some things college didn't prepare them for, a new Creative Group survey suggests. About four in 10 (42 per cent) advertising and marketing executives polled said acclimating to a firm's corporate culture poses the greatest challenge for professionals starting a new job in the creative field. Learning new business protocols ranked second, with 30 per cent of the response.

The national survey was developed by The Creative Group. It is based on 250 interviews — 125 with randomly selected advertising executives and 125 with randomly selected senior marketing executives.

Advertising and marketing executives were asked, "In your opinion, which of the following is the greatest challenge when a person is starting a new staff-level marketing/advertising job?" Their responses:

» Acclimating to the corporate culture, 42 per cent;

» Learning new business protocols, 30 per cent;

» Adapting to a new manager's style, 11 per cent;

» Gaining acceptance among current employees, 9 per cent;

"It can be challenging for job seekers to assess a firm's culture and how well it aligns with their values and priorities," said Megan Slabinski, executive director of The Creative Group. "While good pay and benefits are attractive, nothing trumps a genuine sense of belonging."

Slabinski noted that even those who are a good fit for a particular work environment may find it difficult to adapt to a new company's culture.

"Some distinctions are subtle, so professionals must be observant," she said. "New employees should pay careful attention to things such as how and when people communicate, and try to emulate the predominant style."

METRO NEWS SERVICES

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metro YOURHealth

Tuesday, May 20, 2008

Swimming and yoga, below, are considered to be "allergy-friendly" exercises, while jogging is among the worst, experts say.

Fitness nothing to sneeze at

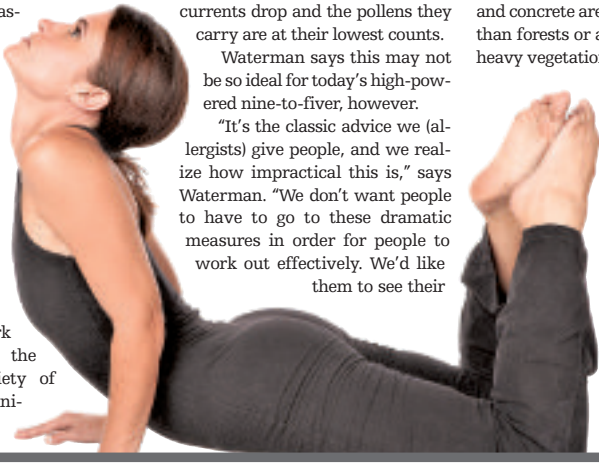
Allergy sufferers need not forgo outdoor exercise

By **BRIAN TOWIE**
for Metro Vancouver

If you're the outdoorsy athletic type, it's the perfect time of year to head outside for some fresh air and exercise. But if you're also the allergic type, there's no worse season to do it.

Pollens, dust mites, moulds, animal dander and grasses are among other substances ready and waiting to take your breath away this season, but that doesn't mean you should confine yourself to staying indoors. There are various ways you can enjoy the great outdoors and keep your allergic reactions to a minimum, experts say, and some of them are fairly simple.

"The message from allergists is don't suffer. Don't tough it out," says Dr. Susan Waterman, an allergist at McMaster University in Hamilton, Ont. "Allergy season is very long and it effects work, school and play. There's enough data now that says it can be a great interference."



Dr. Mark Greenwald of the Canadian Society of Allergy and Clinical Immunology says aside from treating your allergies with immunizing shots, dedicated exercisers can work out later in the day when cooling air currents drop and the pollens they carry are at their lowest counts.

Waterman says this may not be so ideal for today's high-powered nine-to-fiver, however.

"It's the classic advice we (allergists) give people, and we realize how impractical this is," says Waterman. "We don't want people to have to go to these dramatic measures in order for people to work out effectively. We'd like them to see their doctors and medicate."

You can also reduce your reactions based on your surroundings, and the activities you do. Beaches and concrete areas are better suited than forests or anywhere else with heavy vegetation, Waterman says.

More "allergy-friendly" exercises include swimming and yoga, experts advise, while jogging is among the worst. Because of quicker breathing, runners will intake pollens at a faster rate, says Greenwald, adding you should intake air through the nose.

"Mouth breathing gives allergens a more direct route to the lungs," Greenwald says. "The function of the nose, other than humidifying and warming the air, is a filter. If you eliminate the filter, a blocked nose for example, you're going to switch to mouth breathing earlier. We can get our lungs to react with spasms and inflammation."

But the best advice, allergists say, is to recognize and deal with the problem that causes reactions.

"Run a very sharp knife across the palm of your hand," says Greenwald. "How long did it take for the damage to occur? Not long. How long will it take you to get better? A lot longer. Same idea with allergies. The spasm is short, but it's the stuff going on inside you that's causing you to feel what you feel and it should be treated."

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Some research suggests alcohol intake may influence allergy severity. One study found that as little as one drink a day is enough to worsen dust mite allergies. WWW.HEALTHCENTRAL.COM

Allergy-free travel possible

Reactions can take the fun out of a vacation

Sure, driving a convertible on a summer road trip sounds like fun, but if you have allergies, you should keep your windows closed to prevent pollen and other allergens from getting into the car, experts suggest.

Despite the high cost of fuel and long airline security lines, millions of summer travellers will be hitting the roads and airports this summer for vacation. But for the seasonal allergy sufferer, travelling can produce unique obstacles and challenges, particularly in the summer.

"Vacations bring people outdoors to explore new sights or enjoy the weather. But more time outdoors means increased exposure to common allergy and asthma triggers, including pollen, mould spores, stinging insects and air pollution," Dr. Estelle Levetin, vice chair of the American Academy of Allergy, Asthma and Immunology (AAAAI) Aerobiology Committee, said in a statement issued by the academy.

The resulting reactions, which can range from bothersome to life-threatening, can quickly take the fun out of a vacation. "But with proper preparation, you can minimize your risk of a severe allergic reaction or asthma attack," Levetin said.

Whether travelling by car, train, bus or plane, the AAAAI offers several simple steps to help allergy sufferers enjoy a reaction-free vacation.

When driving, turn on the air conditioner and air out the car for 10 minutes before a long road trip to get rid of allergens such as dust mites, indoor moulds and pollen that are often found in the carpeting, upholstery and ventilation systems of vehicles.

The AAAAI also recommends travelling in the early morning or late evening to avoid high mid-day air pollution levels and heavy, idling traffic. Keep windows closed when driving to prevent pollen and other allergens from getting into the car.

If you're flying to your summer vacation destination, be sure to pack all allergy and asthma medications in your carry-on bag. And food allergic people should stay away from airline food and opt for snacks brought from home and carry an EpiPen in case of a severe reaction while in flight.

Using a saline nasal spray to keep your nasal passages moist is another good idea, because air in planes is very dry and can aggravate allergy symptoms, according to the AAAAI.

When staying in hotels, allergy and asthma suffers should request an allergy-proof room, which can include special rooms, pillows or linens, or ask for a room that is located in a dry, sunny area, away from the pool. Run the room air conditioner instead of opening the windows. Ask about the hotel's pet policy and request a room that is pet-free.

Avoid using the hotel closet or drawers if you are allergic to mould spores. These areas are great breeding grounds.

» For more on planning an allergy- and asthma attack-free summer vacation, visit *www.aaai.org*. REUTERS

metro TOP 5IVE

Worst spots outdoors to have sex:

1. Close to poison ivy
2. On a red ant hill
3. In a canoe, below
4. On the edge of a cliff
5. In a Porta-Pottie

— Kasia Iglinski/for Metro Vancouver

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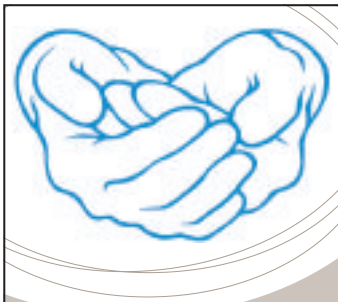

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Soy, rice milk good alternatives

alive
From the editors of alive magazine; alive.metro@alive.com

Looking for an alternative to cows' milk? You're not alone: Many people today are facing this challenge. Drinking cows' milk is a problem for people with lactose intolerance and/or dairy allergies.

MILK ALLERGY

Commonly confused with lactose intolerance, a milk allergy involves the immune system, which fails to recognize the proteins in milk as safe, and instead treats them as foreign invaders — the same way the immune system treats bacteria and viruses.

The result is a release of inflammatory mediators, and an unhappy and unhealthy digestive tract. A milk allergy typically involves many parts of the body and can manifest itself as swelling, hives, rashes, nasal congestion, asthma, nausea, diarrhea, or gas.

MILK ALTERNATIVES

A quick visit to the local health food store offers a number of milk alternatives, such as soy, almond, rice, oat, potato, and coconut milk. These products do not contain casein, the main protein found in cows' milk.

LACTOSE INTOLERANCE

Lactose is a sugar in cows' milk that many people are unable to digest. Lactose intolerance is a condition in which the gastrointestinal tract contains insufficient lactase, the enzyme that digests lactose. Lactose intolerance exhibits symptoms such as lower intestinal cramping, bloating, gas, and diarrhea. Luckily, milk alternatives such as almond, rice, and soy beverages naturally contain no lactose.

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Drinking cows' milk can be a problem for those with lactose intolerance and/or dairy allergies.

SOY BENEFITS

Choosing soy as an alternative to cows' milk has other advantages: The phytoestrogens in soy milk are thought to slow bone loss; and the American Heart Association recommends that soy products be included in a healthy diet. Soy can also help reduce the risk of heart disease, lower cholesterol, and control glucose levels.

If you suffer from dairy allergies or lactose intolerance, there are many alternatives to cows' milk offered at your local health food store.

» For more, visit *alive.com*.

alive is Canada's award-winning natural health and wellness magazine. Every month alive focuses on traditional and holistic healing, beauty, environmental issues, nutrition, emotional well-being, and supplementation. Pick alive up for free at your natural health store. Visit alive.com for more.

Peanut allergy solution within five years: Experts

Therapy would make reaction nonallergic

A form of immunotherapy that could get rid of a person's allergy to peanuts is likely within five years, even as the condition appears to grow more and more common, a U.S. expert said last week.

Peanut allergy often appears in the first three years of life, with the allergic reaction to eating peanuts ranging from a minor irritation to a life-threatening, whole-body allergic response called anaphylaxis.

Many children grow out of other food allergies such as milk or eggs, but only about 20 per cent lose their peanut allergy.

Dr. Wesley Burks, a food allergy expert at Duke University Medical Center in Durham, N.C., wrote in the Lancet medical journal that a solution appears to be on the horizon.

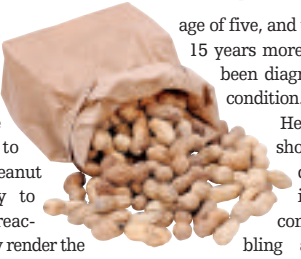
"I think there's some type of immunotherapy that will be available in five years. And the reason I say that is that there are multiple types of studies that are ongoing now," Burks said in a telephone interview.

Ideally, such a therapy would change a person's immune response to peanuts from an allergic one to a nonallergic one, Burks said.

He said one possible approach is using engineered peanut proteins as immunotherapy. Other approaches are showing promise, he said, including the use of Chinese herbal medicine in animal research.

Genetic engineering may also produce an allergen-free peanut, Burks said.

But he said that because several peanut proteins are involved in the allergic response, the process of altering enough of the peanut allergens to make a modified peanut that is less likely to cause an allergic reaction would probably render the new peanut no longer a peanut.



"You could end up with a soybean," Burks said.

He said peanut allergy affects about 1 per cent of children under age of five, and that in the past 15 years more children have been diagnosed with the condition.

He cited research showing the condition becoming more common — doubling among young children from 0.4 per cent in 1997 to 0.8 per cent in 2002 in one U.S. study.

It is unclear why it is becoming more common, he said. REUTERS

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Sabrina's legacy heads west

Schools required to establish anaphylaxis policy

Sabrina Shannon died from an anaphylactic reaction almost five years ago.

But thanks to her tireless mother, the girl's death has been commemorated many times in the form of provincial laws designed to ensure other parents never go through the agony of losing a child to a severe food allergy.

Sabrina was 13 and in Grade 9 when she died from a dairy allergy after eating cheese-tainted fries in her school cafeteria in Pembroke, Ont. Her EpiPen, with life-saving medication, was in her locker but nobody around her knew what to do.

Her mother, Sara, has spent the past several years campaigning for laws to protect children with anaphylaxis — a life-threatening allergic reaction that can be activated by many foods or insect bites.

think FAST

What you should know when assessing a severe reaction:

» **Face:** Itchiness, redness, swelling of face and tongue.
» **Airway:** Trouble breathing, swallowing or speaking.
» **Stomach:** Pain, vomiting, diarrhea.
» **Total:** Hives, rash, itchiness, swelling, weakness, paleness, sense of doom, loss of consciousness

– SOURCE: OPHEA

Sabrina Shannon died from an anaphylactic reaction almost five years ago. Since then, her mother has been campaigning for laws to protect children with anaphylaxis.

The law requires all schools to establish an anaphylaxis policy, to reduce allergen exposure and to train all staff in the use of epinephrine auto-injectors, such as an EpiPen or Twinject.

Thanks to Shannon's lobbying, the latest provinces to follow Ontario's lead are British Columbia and Alberta, both of which adopted formal policies last fall to better protect allergic children in school.

Under B.C.'s new Anaphylactic and Child Safety Framework, every school is required to:

» Identify anaphylactic students and keep a record of specific allergies for each.
» Establish an emergency procedure for each student.
» Encourage the use of MedicAlert bracelets for students with severe allergies.
» Establish procedures and permissions so school employees can administer life-saving medication, such as auto-injectors.

Alberta's school board association adopted the Allergy & Anaphylaxis Informational Response (AAIR) program, to create "an allergy-safe and allergy-free environment" in schools.

However, both the B.C. and Alberta initiatives are just policy, not law — something that concerns Shannon.

"This is progress, but our children deserve a law," she says. "People listen more to a law than a policy statement."

She feels the Ontario law is the best way to protect children, and wonders why B.C. and Alberta didn't just copy it. "Sabrina's Law is a tool to help anaphylactic kids stay alive," she says.

She never tires of fighting for the cause. She just returned from New York, where that state approved a law based on Sabrina's Law.

Australian authorities are also in touch with Shannon, and she hopes that country will soon adopt an anaphylactic protection law.

Back in Ontario, Anaphylaxis Canada and Brantford MPP Dave Levac (who introduced Sabrina's Law) have successfully campaigned to get mandatory training for staff in day-care centres.

As of last May, the Ontario Day Nurseries Act requires all licensed day cares to have "risk management strategies" in place for severe allergies and anaphylactic reactions.

TORSTAR NEWS SERVICE

anaphylaxis — what it is

» Anaphylaxis is a serious reaction, possibly life-threatening. About 1 to 2 per cent of Canadians live with anaphylaxis, which is usually diagnosed in childhood.
» Common triggers include peanuts, tree nuts, shellfish, fish, milk, eggs, soy, sesame seeds, wheat, insect stings, drugs and latex.
» People at risk should always carry an epinephrine auto-injector (EpiPen) and know how to use it.
» To treat anaphylaxis, administer the EpiPen immediately and call 911 for an ambulance.
» For more, visit Anaphylaxis Canada at *www.anaphylaxis.ca*.

– SOURCE: OPHEA

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Actress Cynthia Nixon, right, has laughed off reports she is to wed her partner Christine Marinoni, insisting she would only consider marriage if it was legal in her native New York. IMDB.COM

LEFT: A big thanks to my red carpet co-host, Joan-E, seen here with yours truly, for making me look good during the opening interviews at the Red Dress Ball.

ABOVE: Pretty girls, like Karen Tattersall, left, Francis Hui and Jenny Franks, are a trademark of the Jet Set Crew parties.

ABOVE: Jet Set Crew founder Craig Stowe, left, entertains guests, like Edgewater Casino's assistant GM Paul Ahluwalia and wife Sandy, in the VIP area.

ABOVE: Playing with the other high rollers at the Jet Set Crew VIP party are glam gals Lynn Wigen, left, and Kiara Hunter.

ABOVE: Pretend gangster Jason Nessith will have to settle for a doll, instead of a moll, as he and girlfriend Erin Bishop act it up for charity at the Red Dress Ball.

ABOVE: The playful ladies of Sweet Soul Burlesque put the tease back in strip tease as they get ready to take to the stage with their frisky routines at the Red Dress Ball.

RIGHT: Phoenix fashions owner Lin Rockwell, centre, gets her models ready to walk the catwalk in Wayne Clark originals at the Red Dress Ball.

Paint the town red

It was red dresses, red carpets and a red-hot night at the Commodore last weekend as local celebs came out to support the GLBA (Gay and Lesbian Business Association) 2008 Red Dress Ball. I was very honoured to be asked to co-host on the red carpet alongside Joan-E, drag queen extraordinaire and actor from the movie Connie and Carla. Performances by Five Alarm Funk, Sweet Soul Burlesque and Symone rounded out an evening of fundraising for the Youth Scholarship Fund. But the heat didn't stop there as the Jet Set Crew gang got a jump on summer with a High Rollers invite-only party at Edgewater Casino featuring Fierce Angel's heavyweight DJ Mark Doyle direct from London. Also, congratulations go out to the Smoking Dog restaurant in Kits on its third anniversary. Blues man Jim Byrnes entertained as guests filled the patio and sipped from selections featured on the new wine list. Cheers!

SOCIAL EYES
CATHERINE 'CAT' BARR
info@catherinebarr.com

Cat Calls? Please visit *www.catherinebarr.com* to submit your event or e-mail info@catherinebarr.com. She can also be heard on CFUN 1410 AM radio Fridays at 4 p.m.

ABOVE: Congratulations to Flame Eadie, seen here at the Smoking Dog, for branching out on her own with her new Saffire Wines business.

LEFT: Backup singers and drag divas Mandy Kamp, left, and Iona Whipp set the stage in red-hot gowns at Red Dress Ball.

LEFT: The Smoking Dog's own French miss, owner Judith Andrews, cuddles up with staffers Julian Baker, left, and Chris Huggins.

RIGHT: Smoking Dog owner Jean Seguin is lucky to have twin servers Darya Parakhnevych, left, and sister Kseniya on his side.

entertainment

Actor Will Smith, left, is investing more than $1 million US in a new school near his Calabasas, Calif., home. IMDB.COM

National not necessarily Treasure

National Treasure 2: Book Of Secrets

Stars: Nicolas Cage
Distributor: Disney DVD

Cranford

Stars: Judi Dench
Distributor: BBC DVD

DVD REVIEWS
RICK McGINNIS
rick.mcginnis@metronews.ca

DISNEY'S MARRYING of Indiana Jones with The Da Vinci Code will likely be seen as a telling symptom of the simmering paranoia that underlies this moment in history — not nearly as anxious or fearful as the post-Nixon '70s, but a sign that we can't even enjoy an action movie franchise without being reminded of our powerlessness, and the commonplace idea that knowledge is every day disappearing behind locked doors and into the realm of secretive cabals.

This is the only way of explaining how a farrago of sheer, giddy nonsense like National Treasure and its sequel, now on DVD, can assume such a mantle of unearned gravitas. Nicolas Cage is back as Ben Gates, the swashbuckling historian, on a quest to clear his family's name after one of his ancestors is implicated in the Lincoln assassination. With a passel of baddies led by Ed Harris at his heels, he has to find a mythical city of gold to restore his reputation, and ends up with the feds in on the chase after he briefly kidnaps the president to get a glimpse at the book in the title — a conspiracy scrapbook collected by the residents of the White House for their eyes only. Chalk it up to Disney's characteristic bloodlessness, but the book ends up playing as a hopeful, not sinister, artifact, probably because it implies that at least someone knows that someone knows the answers to history's questions.

National Treasure 2: Book of Secrets is now available on DVD.

more online

» For reviews of Penn & Teller, The Night They Raided Minsky's and If It's Tuesday, It Must Be Belgium, please visit *metronews.ca*

Stitched together from three novellas by the Victorian novelist Elizabeth Gaskell, the BBC miniseries Cranford delivers a rich, bubbling broth of star-studded melodrama set in a time when, thanks to the uncertainty of medical science, anyone can die at any time, and frequently do, to heartbreaking effect.

It's fitting, then, that one of the central characters of the story is a young doctor who sets up practice in the sleepy English town that gives the series its name, a place that's a functional matriarchy ruled by a group of women ranging from formidable to ridiculous; his ability to control his fate in their midst is as doubtful as his facility in staving off death.

With a cast that includes Judi Dench, Michael Gambon, Imelda Staunton, Eileen Atkins and the great Philip Glenister from Life On Mars, this 5-part series is never less than watchable, and is closer to riveting most of the time, especially when we've been conditioned to the fact that anyone, at any given time, can be carried off by a chill or the effects of an infection.

box office

» Following are the Top 5 films at the North American box office for the three-day weekend beginning May 16, according to studio estimates:

1. The Chronicles Of Narnia: Prince Caspian, $56.6 million US
2. Iron Man, $ 31.2 million
3. What Happens In Vegas, $13.8 million
4. Speed Racer, $ 7.6 million
5. Baby Mama, $4.6 million

REUTERS

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Spotted: Too much Gossip Girl hype

IDIOT BOX

RICK McGINNIS
rick.mcginnis@metronews.ca

THE LAST BIG THING: Last month, New York magazine put Gossip Girl on the cover, with a long piece full of slack-jawed, over-written prose inoculated with just enough sarcasm to evoke the you-were-there-at-the-cultural-ground-zero mood that the magazine's best features once did so well, back when they printed the cover story that became the basis for Saturday Night Fever.

The story, written by Jessica Pressler and Chris Rovzar, gets off to a breathless start with a group of bridge-and-tunnel teens on the prowl one Manhattan weekend, going into a frenzy by a sighting of Penn Badgely, who plays Dan Humphrey on the CW network show.

The writers shift their tone to qualify their love of the show as ironic, at least at first.

"At first we cloaked our adoration in irony," Pressler and Rovzar write. "'It's awesomely bad,' we explained to friends. 'You know, like Showgirls. Or a Bloomin' Onion.' But before long we were covering the show pretty much exhaustively on the Daily Intelligencer, the blog we write on nymag.com."

First of all, I don't know what a Bloomin' Onion is either, but my alarm bells go off when I realize that I'm reading something written by people who write a blog that appears on the website of a print publication.

These are the ambitious young freelancers who've lucked out and landed a contract gig doing the web-only content that the publishers and top editors don't really read — or even understand — but were told they need for credibility's sake to seem like they know what they're talking about when they discuss "future strategies" and "new media" with Marketing magazine.

The writers who get these gigs are usually cultural omnivores, host to a variety of enthusiasms, active and latent, who need to be able to say that something is hot when asked questions like, "So, what's hot?" by people who report to the people who sign their paycheque. In the New York piece, we're told, for instance, that Gossip Girl is "the Greatest Teen Drama of All Time," that it's "changing the very model of a successful TV show," and that it "offers profound social commentary."

Wii Fit is a trademark of Nintendo. © 2008 Nintendo.

"The show mocks our superficial fantasies while satisfying them," write Pressler and Rovzar, "allowing us to partake in the over-the-top pleasures of the irresponsible superrich without anxiety or guilt or moralizing. It's class warfare as blood sport."

Well, since you put it that way. Of course, if by "changing the model of a successful TV show" you mean getting mediocre ratings, then the revolution is now, according to a piece in last week's National Post, which quoted Rovzar admitting that the show is "overhyped."

"I don't mean that in quality," Rovzar said, "because obviously I love the show and I think it's a great time, but it is overhyped in terms of success. It's not a huge success at all ...

"It's a certain very Internet-savvy group of people that are really really really excited about the show."

It turns out that, according to the Wall Street Journal, if the CW keeps having "hits" like Gossip Girl, it'll likely be put out of business by CBS Paramount, its parent company.

Seriously, sometimes I think they call it "show business" because "show failure" doesn't sound as zippy.

> « *(Gossip Girl) mocks our superficial fantasies while satisfying them, allowing us to partake in the over-the-top pleasures of the irresponsible superrich without anxiety or guilt or moralizing. It's class warfare as blood sport.* »
>
> *Jessica Pressler and Chris Rovzar write on their blog, Daily Intelligencer*

Rick McGinnis writes about music, movies, books and television, but not opera. He walked 47 miles of barbed wire and has a cobra snake for a necktie.

primetime 5/20/08

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	3 CBC	News (CC)	TBA	To Be Announced		To Be Announced		CBC News: The National (N)		(:05) The Hour
255	358	6 CH	E! News	The Insider	THS Investigates (CC)				Women's Murder Club (CC)		News (N)
254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		South Park
250	321	9 CTV	eTalk (CC)	Hollywood	American Idol (CC)		Dancing With the Stars The winner is revealed. (CC)				News (N)
-	-	10 OMNI	According-Jim	The Simpsons	Coach (CC)	Coach (CC)	The Standard	Women-Focus	Cold Case "Look Again"		New Day
252	336	11 GTV	Entertainment	ET Canada	NCIS Grave consequences result when the team hunts a killer.				Shark (Season Finale) (N)		News (N)
256	389	12 VI	Degrassi	Friends (CC)	Dancing With the Stars (CC)		Charlie's Angels: Full Throttle ★★ (2003) Cameron Diaz.				News (N)
253	359	13 CITY	Wheel-Fortune	Jeopardy! (N)	Reaper "The Leak" (CC)		(:02) Hell's Kitchen (N) (CC)		Supernatural (CC)		Reviews
-	-	14 CW	'70s Show	'70s Show	Reaper "The Leak" (CC)		Reaper "Cancun" (CC)		Seinfeld	Seinfeld	Frasier (CC)
289	381	15 CBS	Entertainment	The Insider	NCIS Grave consequences result when the team hunts a killer.				Shark (Season Finale) (N)		News (N)
287	379	16 NBC	Evening Mag.	Inside Edition	Outrageous	Outrageous	Law & Order: SVU		Law & Order: SVU		News (N)
602	568	19 W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked	Good Naked	Maxed Out
288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Dancing With the Stars The winner is revealed. (CC)				News (N)
-	-	26 KVOS	M*A*S*H	Scrubs (CC)	The Cable Guy ★★ (1996) Jim Carrey, Matthew Broderick.				Will & Grace	Scrubs (CC)	Seinfeld
291	383	27 PBS	Steves Europe	About-Money	Nova "Lord of the Ants" (N)		Frontline "Growing Up Online"		About Us (CC)		Happiness
290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		(:02) Hell's Kitchen (N) (CC)		News (N) (CC)		Family Guy
-	364	48 PBS	Frontline "Growing Up Online"		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Lord of the Ants"	
296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
298	653	35 TLA	Two/Half Men	Two/Half Men	Reaper "The Leak" (CC)		Reaper "Cancun" (CC)		KTLA Prime News (CC)		Friends (CC)
295	651	36 WGN	MLB Baseball: Cubs at Astros		WGN News	Reaper "The Leak" (CC)		Reaper "Cancun" (CC)		Will & Grace	My Wife-Kids
297	652	37 WPX	CW11 News at Ten		Family Guy	Two/Half Men	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
199	311	76 STR	News		News (N)	Late Show-Letterman		Inside Edition	The Biggest Loser: Couples (CC)		

news

502	390	29 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		The Hitman (CC)		National
500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360

sports

407	419	22 RSP	Sportsnet Connected (Live)		European Poker Tour		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
400	400	30 TSN	NBA Basketball: Conf. Final		SportsCentre (Live) (CC)		In This Corner	Score Golf	Motoring 2008		SportsCentre
411	457	49 OLN	Adventures	Strand-Peters	Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Odyssey
410	403	54 SCR	Score Tonight		The Spin With Steve Kouleas.		Score Update		Score Update		Score Update
417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Am. Thunder	Am. Thunder	Street Tuner	Low Life	Super Bikes!
416	409	144 GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Gol TV News		Gol TV News

family

552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Mon. Warriors	Futurama	Shadow	Falcon Beach "The Next Life"		Mystery Hnt.
555	545	50 TEL	George	Road Runner	Scooby-Doo	Futurama	Tripping-Rift	Tripping-Rift	Chicken	Chicken	Tripping-Rift
557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Crazy Quilt	Treetown	Comfy Couch

cable variety

268	354	5 KNO	Gardens	Recreat. Eden	Hemingway Adventure (CC)		Celia Franca		From Harling Point (CC)		Leading Edge
575	583	20 CMT	Home Imp.	Roseanne	CMT30	Totally (CC)	Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
570	580	24 MM	Video on Trial	Video on Trial	Punk'd (CC)	Born to Be	The O.C. "The Heights" (CC)		Rock the Cradle (CC)		Totally Untrue
600	564	29 H&G	Green Force	Outside	Colin & Justin's Home		Designer	Design Inc.	Colin & Justin		Green Force
615	520	31 A&E	Simmons	Simmons	Gene Simmons Family Jewels		The First 48 (CC)		The First 48 (CC)		Simmons
628	584	32 SPKE	CSI: Crime Scene Invstgtn.		84 Countdown		CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Bullrun (CC)
521	560	34 TLC	48 Hours: Hard Evidence		Dateline: Real Life Mysteries		48 Hours: Hard Evidence		48 Hours: Hard Evidence		Detectives
616	522	39 SHO	ReGenesis "Lethargica"		Blue Murder (CC)		Trailer Park	Kenny-Spenny	CSI: NY "Consequences"		House (CC)
620	523	40 BVO	Ben Harper-Rehearsal Hall		Law & Order "Blue Bamboo"		Without a Trace "Fallout"		Ben Harper-Rehearsal Hall		Cry-Baby (CC)
601	562	41 SLC	Plastic-Perfect	Rocker Moms	Newlywed	Matchmaker	Superstar Hair Challenge		Plastic-Perfect	Rocker Moms	Trading Sp
520	505	42 DIS	Deadliest Catch (N)		Daily Planet		Smash Lab Insulation.		Deadliest Catch		How It's Made
522	506	44 HIS	NCIS "Hung Out to Dry"		Digging for the Truth (CC)		The Immortal Beaver "Olivia".		NCIS "Hung Out to Dry"		Crime Stories
627	528	45 SPC	Hex "Life Goes On" (CC)		Stargate SG-1 "The Warrior"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Alias (CC)
294	650	47 TBS	The Office	The Office	Sex and-City	Sex and-City	Out of Time ★★ (2003) (PA) Denzel Washington. (CC)				A Simple Plan
619	525	48 TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
603	561	52 FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		Chef School	At the Table	Nightmares
626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv TATU. (CC)		Daily Show
320	621	60 CEN	Living Dolls: The Making of a Child		(:20) New York Doll ★★ (CC)		(:40) Dwarfs: Not a Fairy Tale		(:40) Sicko ★★★ (2007) (CC)		
581	566	101 MTV	Shot at Love-Tila Tequila		MTV Live (CC)		Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
261	394	102 V	Jozi-H "Fathers"		Mysterious Ways (CC)		Quantum Leap (Part 2 of 2)		'Allo, 'Allo!	On the Buses	Recreat. Eden
-	-	106 MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

American Idol

The musical fortunes of past "American Idol" winners have been all over the map — superstardom for the likes of Carrie Underwood and Kelly Clarkson, subpar success for Ruben Studdard and Taylor Hicks. So it's anyone's guess how this year's winner — to be announced Wednesday after the final two perform tonight and the fans vote — will fare post-"Idol." One thing's for sure, though: Getting here is always fun. 8 PM on CTV

Dancing With the Stars

Whose footwork is fanciest? Whose moves are smoothest? That is up to the viewers and the judges to decide, and their chosen couple is crowned on tonight's results show. Expect some eye-popping dance maneuvers as the result of all that training pays off for the winners in the season finale. Whether you're excited or not will depend upon whether your favorite is still in the running. 9 PM on CTV ABC

» going out

9 p.m. The New Bent Tuesday: Five DJs spinning hip hop, Top 40, reggae and more. At Wild Coyote, 1312 S.W. Marine Dr. Info: *solopromotions.ca*

9 p.m. Dead Bunny: Stand up comedy hosted by John Beuhler. At the Lamplighter, 92 Water St. Tix: $7. Info: *dhmbars.ca*

9 p.m. Nexxuslive.com launch party with DJs Relik and Alib and special guest K-Rec. At Lola's Bar, 2291 W. Broadway St. Tix: $8. Info: *nexxuslive.com*

9 p.m. Stacked Tuesday: DJs Betti Forde and Trevor Risk spinning a mash up of electro and indie. At Celebrities Night Club, 1022 Davie St. Tix: $5. Info: *celebritiesnightclub.com*

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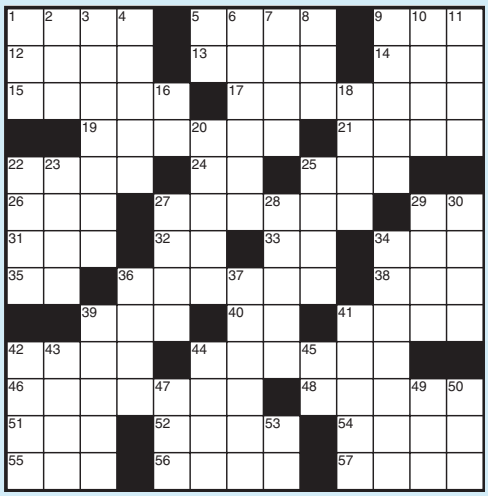

down »

1 Old garment
2 Taunting cry
3 Thick fog (2 wds.)
4 Unoccupied
5 Gold Rush st.
6 Open-hearted
7 Comedian — King
8 Sinbad's transport
9 Class
10 "Free Willy" whale
11 Howls at the moon
16 Um's cousin
18 Excited
20 Coffee emanation
22 Jean Auel heroine
23 Fraud
25 Kids
27 Forest browsers
28 Wedding-cake layers
29 Bison feature
30 Rock-concert need
34 Tousling
36 Motives
37 Barbarian
39 Aphorism
41 Condor nest
42 In that case (2 wds.)
43 At hand
44 Cartoon shrieks
45 Western st.
47 Likewise
49 Environmental prefix
50 Trial VIPs
53 Attention getter

across »

1 Lasso
5 Culture medium
9 Tar
12 Polite cough
13 About 2.2 lbs.
14 Epoch
15 Freak out (2 wds.)
17 Motel sign
19 Pull a muscle
21 Pate de foie —
22 Crow's-nest cry
24 TLC provider
25 Dactyl
26 Not me
27 Collar attachment (2 wds.)
29 Laugh syllable
31 Cozy seat
32 Guru's mantra
33 Check-cashing need
34 Shaggy flower
35 Hewing tool
36 Uses a loom
38 Referee
39 Happy sighs
40 Ozarks st.
41 Vipers
42 A famous 500
44 Follows upon
46 Made merry
48 Attempted
51 Give in the middle
52 Hunky-dory
54 Machu Picchu builder
55 Mineral deposit
56 Scandinavian city
57 "I" problems

previous answer

M	I	L		S	H	A	D		Z	E	A	L
O	R	E		T	A	C	O		E	L	S	E
L	O	G		E	L	M	S		P	L	A	T
E	N	S	L	A	V	E		K	H	A	N	S
			A	L	E		J	A	Y			
F	E	E	D	S		H	A	Y	R	I	D	E
E	R	A			H	E	R			N	U	T
Z	E	R	O	S	I	N		C	A	N	N	A
			R	O	D		A	I	L			
O	R	G	A	N		I	N	C	L	I	N	E
D	E	E	T		R	O	T	E		M	O	B
D	A	R	E		E	W	E	R		P	E	A
S	L	E	D		P	A	S	O		S	L	Y

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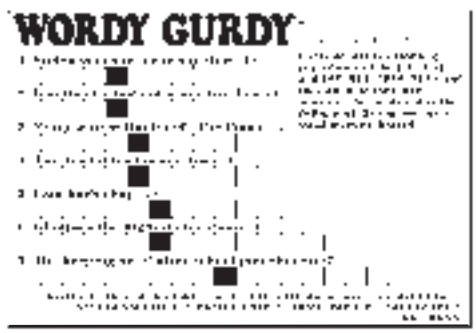

HOROSCOPE

ARIES | March 21-April 20
Being too sociable will cause delays. Nostalgia will force you to remember past loves. Insecurity will be worked with to create willpower.

TAURUS | April 21-May 21
People understand what you're going through. Look for a cloud's silver lining. An unusual reaction cannot be explained.

GEMINI | May 22-June 21
Your social life can get more exciting. Have some happy times when someone invites you out. Trust your own common sense.

CANCER | June 22-July 22
It's time to withstand an emotional shift. Try to take over a complicated matter. Difficulties will arise through a lack of trust.

LEO | July 23-Aug. 23
Don't sacrifice your ethics for material gain. People are gossiping about a recent ordeal. Anxiety attacks need more astute care.

VIRGO | Aug. 24-Sept. 22
Take a break with your quiet friends. Expect bad news to be followed by good. Listen to your inner feelings when people act strangely.

LIBRA | Sep. 23-Oct. 23
Don't lose faith in a loyal person. Interesting news will convey a solution to a problem. Don't reveal too much about your past.

SCORPIO | Oct. 24- Nov. 22
Minimize the impact of a woman's sarcasm. You'll get in the way of progress. A foolish escapade creates laughter.

SAGITTARIUS | Nov. 23- Dec. 21
Someone is released from an obsession. You'll get to take your turn at being funny. Send a note to express your concern.

CAPRICORN | Dec. 22-Jan. 20
A romance with a rude female will be infuriating. You will hesitate before implementing plans. Astonish others with cunning moves.

AQUARIUS | Jan. 21-Feb. 18
You're magnetic because your confidence has grown. Bring out your rowdiness. Someone takes advantage of a good chance.

PISCES | Feb. 19-Mar. 20
A gullible person will believe a lie. Do not let anything get the better of you. Don't let on if you get bored with a storyteller. AVATAR VENUS

	4	7	2		5			6
	3	5						8
1			9					
4	7				8			
	2	6				4	3	
			7				8	1
					9			4
2						5	7	
7			4		2	1	6	

instructions »

The digits 1 through 9 will appear exactly once in each row, and each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

8	4	6	2	1	3	5	7	9
3	5	9	8	7	6	2	1	4
7	2	1	9	5	4	8	6	3
2	6	3	5	4	1	9	8	7
5	9	8	7	6	2	3	4	1
1	7	4	3	8	9	6	2	5
9	3	7	4	2	8	1	5	6
4	1	2	6	3	5	7	9	8
6	8	5	1	9	7	4	3	2

This Day IN HISTORY

May 20, 1609: Shakespeare's Sonnets first published in London, perhaps illicitly, by Thomas Thorpe.
May 20, 1873: Levi Strauss and Jacob Davis receive a U.S. patent for blue jeans with copper rivets.
May 20, 1920: Montreal station XWA broadcasts the first regularly scheduled radio programming in North America.
May 20, 1932: Amelia Earhart takes off from Newfoundland for the first solo nonstop flight across the Atlantic Ocean by a female pilot, landing in Ireland.
WIKIPEDIA.ORG

Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 15°	Variable. Low 9°	Variable. 15° / 8°	Sunny. 17° / 9°	Sunny. 18° / 9°

Temperature
Normals
High: 17.2°
Low: 8.8°

Records
High: 23.9°/1963
Low: 3.3°/1975

Sunrise: 5:22 a.m.
Sunset: 8:56 p.m.
Moonset: 5:06 a.m.
Moonrise: 10:25 p.m.

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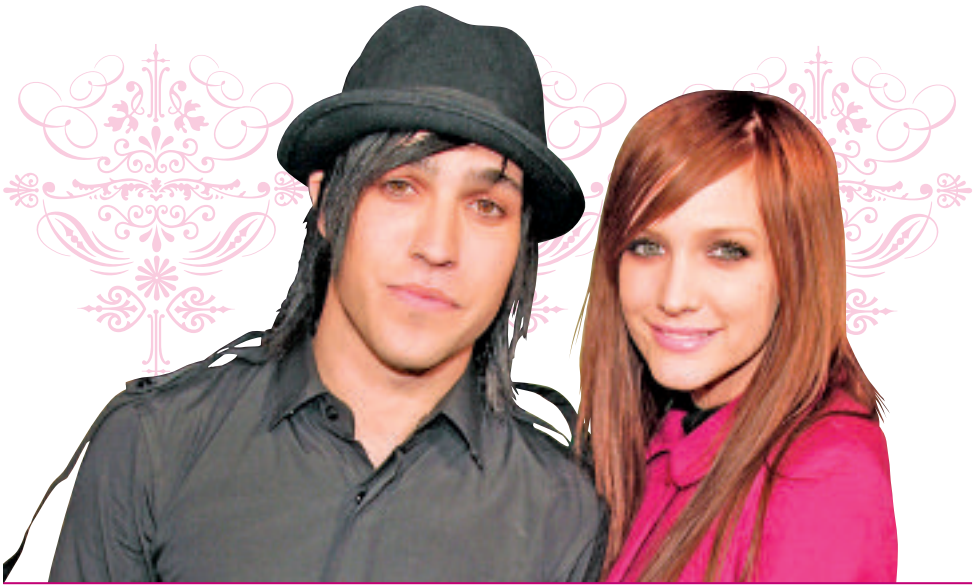


Pete, Ashlee marry

Singer Ashlee Simpson Saturday married her fiancé, rocker Pete Wentz, Reuters reports People magazine as saying.

Simpson's father hosted the wedding at his Encino, Calif., home, performing a nondenominational ceremony in front of about 150 guests, the magazine said on its website, quoting a representative of the couple.

"We're delighted to confirm that Pete Wentz and Ashlee Simpson were married this evening in front of family and close friends," said the spokesperson.

Simpson wore an ivory lace wedding gown by Monique Lhuillier and jewels by William Noble.

Wedding planner Mindy Weiss helped Simpson have her dream nuptials: An Alice In Wonderland-themed reception featured a wedding cake with a top hat, tea pot, stop watch and a pot of flowers on top. Black beauty roses made up the centrepieces, and guests were served Rose Veuve Clicquot champagne followed by a sit-down dinner and dancing to a deejay, reports People.

Celebrity guests included socialite Nicole Richie and singer Joel Madden, as well as actor Donald Faison with girlfriend CaCee Cobb.

Simpson had told People that she was never the type to dream about her wedding when she was growing up, but changed her tune once she got engaged. "I got really into it," Simpson said.

Simpson and Wentz announced their engagement in April and have been romantically linked since 2006. The marriage is the first for both.

Simpson, 23, released her third music album, Bittersweet World, in April. She is the younger sister of singer and actress Jessica Simpson, who acted as maid of honour at the wedding.

Wentz, 28, co-founded Fall Out Boy in 2001. The band has since built a loyal following with albums like its popular 2005 release, From Under The Cork Tree.

Metro News Services

Miley defends song

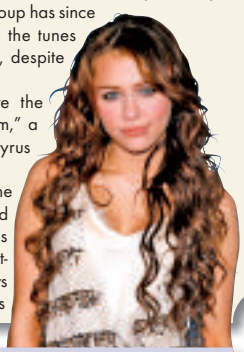
Singer/actress Miley Cyrus has hit back at accusations she ripped off a Los Angeles band's song because she doesn't write any of her own music, imdb.com reports.

Los Angeles band Lustra fired claims that Cyrus' song Rockstar is a carbon copy of their Scotty Doesn't Know tune.

Fans alerted the band – whose track appeared on the soundtrack to the 2004 movie Eurotrip – to Cyrus' song-similarities. The group has since reportedly determined the tunes are virtually the same, despite mismatching lyrics.

"She doesn't write the songs – she sings them," a spokesperson for Cyrus says.

According to The New York Post, the band "is considering various options to rectify this situation." Metro News Services



Brooke adopts girl

Grey's Anatomy actress Brooke Smith has adopted a baby girl from Ethiopia, People.com reports.

It is the second daughter for Smith, 40, who has a five-year-old daughter, Fanny, with her cinematographer husband Stephen Lubensky.

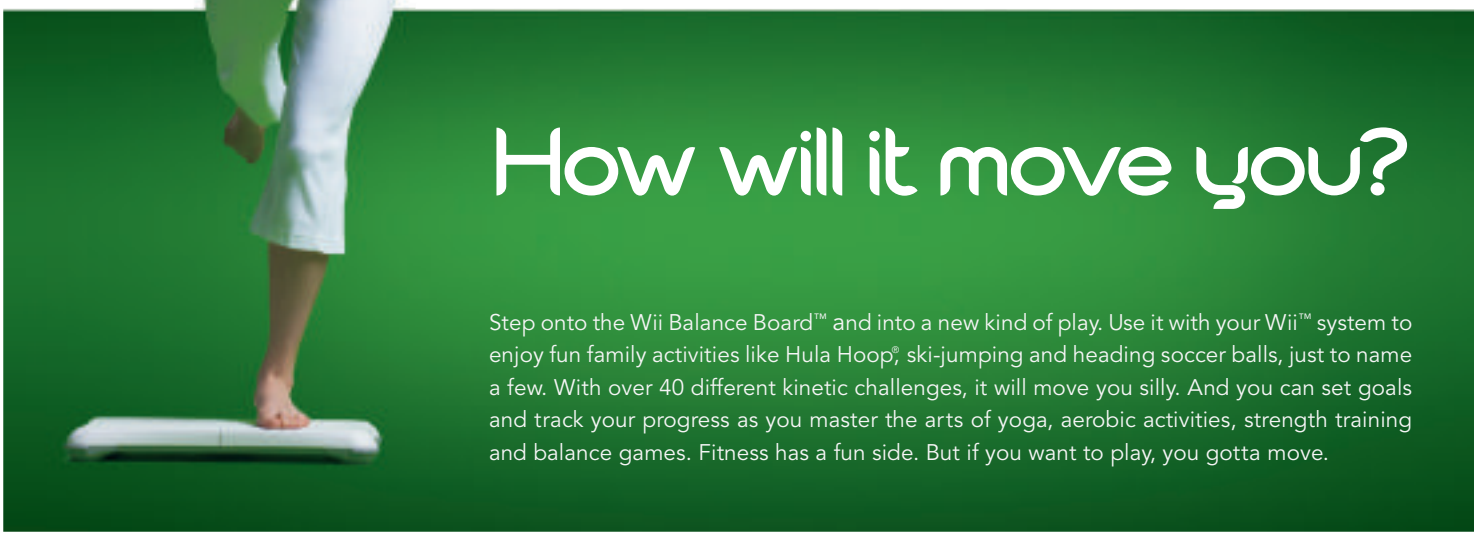
Smith, who is best known for her role in Silence Of The Lambs and now plays Dr. Erica Hahn on Grey's Anatomy, told People magazine in October that she and her husband were considering adopting.

"You know, why not?" Smith said, adding that she and Lubensky have travelled to Africa several times, and filmed a documentary on conservationists in Zimbabwe together.

"We still might end up there some time," she said.

Metro News Services

Getty Images photos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Kate, Lance step out

Actress Kate Hudson is dating Lance Armstrong, reports say.

Hudson, who was recently broke up with actor Owen Wilson, spent a romantic weekend with the seven-time Tour de France cycling champion at his home in Austin, Tex.

"Kate and Lance have been dating for a couple of weeks. She and Lance are both physical, passionate people – she's never been happier," said a source close to the couple.

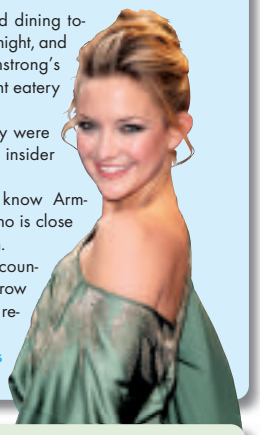
The pair were spotted dining together in Austin on Friday night, and enjoyed a meal with Armstrong's three children at a different eatery on Saturday.

"They looked like they were having fun," a restaurant insider said.

Hudson first got to know Armstrong through Wilson, who is close friends with the sportsman.

Armstrong split from country singer fiancée Sheryl Crow in 2007, after a three-year relationship.

Metro News Services



Diva Scarlett misses festival?

Scarlett Johansson never made it to the Cannes Film Festival premiere of her new movie on Saturday thanks to her excessive demands, Britain's Daily Mail newspaper reports.

The Vicky Cristina Barcelona star reportedly insisted on having her own $7,800 US-a-day make-up artist and a room at a hotel 48 kilometres outside of Cannes, while director Woody Allen and co-stars Penelope Cruz and Rebecca Hall stayed in the city in order to be close to the premiere, the New York Daily News reports.

The movie's studio reportedly balked at the demands and left Johansson, 23, behind in New York.

"Penelope and Rebecca were going to be working very hard and it wasn't acceptable that Scarlett would be having to come in from that distance every day, most likely turning up late and it would have thrown schedules into a lot of confusion," an executive connected with the film said.

The executive also said Allen, who has directed Johansson in three films, was "a little upset that she wasn't being a team player."

The film received a 10-minute standing ovation after the screening.

Metro News Services

Getty Images photos

Bosworth on thinness

Kate Bosworth is placing the blame for her once painfully bony figure on her breakup with Orlando Bloom, MSN Entertainment reports.

In an interview with Harper's Bazaar (via Australia's Daily Telegraph), she says the implosion of their romance after four years together left her so stressed out she had no appetite, resulting in her thin form and prompting headlines questioning her health.

"It was my first very difficult breakup with someone I loved deeply and no matter how much I ate, it didn't matter," says the actress, who began dating model James Rousseau not long after she and Bloom parted ways.

"I hold all my emotions in the pit of my stomach, so it became difficult to eat. I remember going to a nutritionist and asking, 'Do I have a parasite?' " Bosworth says.

Metro News Services

Colin sparks health fears

Actor Colin Farrell has ignited fears for his health after he appeared at a press conference looking gaunt, but he insists he's merely shedding weight for a film role, imdb.com reports.

Farrell, 31, shocked reporters when he showed up to promote his upcoming movie Triage – in which he plays a war reporter in 1990s Bosnia – during a trip to Spain.

"I lost weight because my role demanded it. It was all very healthy," he said.

Farrell did not elaborate as to how he lost the weight, instead quoting a line from the Scott Anderson novel on which the movie is based: "Once his beard was gone, he saw that his face had become drawn. He pressed at the hollows beneath his eyes, the pronounced nubs of his cheek bones."

Metro News Services

Jessica talks motherhood

Despite the fatigue pregnant Jessica Alba feels, she welcomes the fact her expectant state has calmed her down, People.com reports.

"At the end of the day I am so tired I can't function or speak and my eyes glaze over," Alba, 27, tells Fit Pregnancy magazine for its June/July issue, "but this pregnancy has seriously mellowed me out, which is nice. I've been going, going, going for so long, it feels nice not to take things so seriously."

And though she finds herself craving citrus, when it comes to what she'll allow as a mother, she says: "I don't want to be my child's best friend; I want to be a mom. But I do want my child to come to me when they have problems and need to talk, so it's going to be about treading that line."

Metro News Services

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1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
2315 West 41st
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Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
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